

HOCKEY - it's your game

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THE DAY BEFORE THE HIGHLAND COUNTY CHAMPIONSHIP GAME.



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HOCKEY PEN PALS

Michelle lives in a small town in Ontario named Riverbend. She has a pen pal named Wayne who lives in Kingston, Ontario.

*Riverbend, Ontario.
September 28, 1977.*

Dear Wayne,

I'm so excited I had to write you and tell you what our town is building. For 3 years Riverbend has been trying to make money by walkathons, carwashes and bake sales. Well, finally we have enough money and we are getting our own rink. No more putting on skates outside and freezing before we play on the outside rink! And there is going to be a girls' and a boys' team. Gee, I can hardly wait!

We have always just played shinny and now we will be playing real hockey. I guess since we will be playing in the arena the rules will be different and maybe the way I play now is not the right way. Are there many skills? I figure skating and shooting are about the only ones. I guess I don't know that much about real hockey. So could you write to me and tell me all about your team. Can my younger brother play hockey? He's only 6 years old. And what kind of equipment do we need? Can we use old skates when we play in the playoffs? It was fun playing hockey on the roads this fall, but I bet it will be great on our brand new rink. Our own arena, imagine that!

I have to end it here, but write back quickly and tell me all about your hockey team in your town.

Your pen pal,

Michelle

If this were you, could you tell your pen pal all about hockey? Read on and see if there is anything new about hockey that you did not know about.



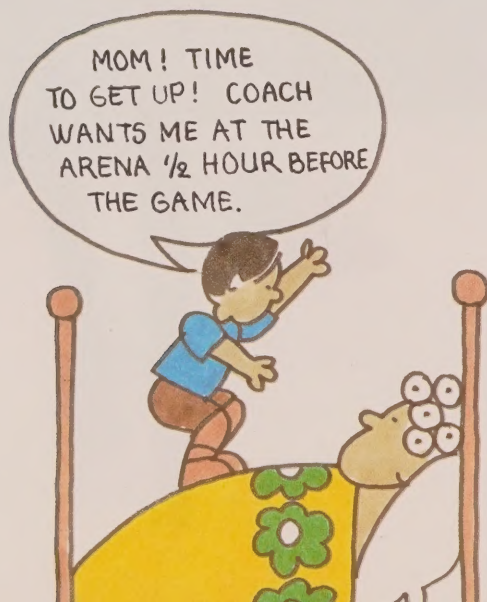
A SATURDAY MORNING IN CANADA

Are You Ready For It?

MEET DAVID FROM THE BEAVER LAKE BULLIES



MEET MICHAEL FROM THE SUNDBURY SAINTS



ARE YOU AN AMBITIOUS HOCKEY PLAYER?

You are ambitious when you decide that you want to be as good as you possibly can be, and so, you work hard at it. You can be ambitious in school and end up going to college. Why, you could be ambitious in anything, even tidying your room. Do you know any ambitious hockey players? Bobby Orr was one! All good hockey players are ambitious.

When you play a game, what are some of the things that you try to do so that you can be a better player? If you try any of the following ambitious things, put a checkmark beside them.

- 1** **Do you want to have fun?**
You can have fun everytime, even if you lose. Playing is the real fun, learning from a better team. Being a part of hockey is what it's all about.

☐

- 2** **Do you want to practise something new that you have just learned, either from your coach or from the good team that you just played against?**

☐

- 3** **Do you expect to play well, to contribute to a team effort?**
Do you think that today instead of trying for that goal by yourself, you will pass the puck if your teammate looks to be in a better position?

☐

- 4** **Do you expect to win?**
Sure, you always try to win, but the more important part is playing your best and trying to win. Of course the chances of winning are greater when everyone plays his/her best and everyone plays for the team.

☐

IS HOCKEY IMPORTANT TO YOU?

Do you know a David or a Michael on your team?
Or any other team?



HOCKEY EQUIPMENT THAT YOU NEED

Every player should wear this equipment so that he or she can play a good and safe game.

Starting from the head you should have:

1. *Helmet and facemask*
2. *Shoulder pads*
3. *Elbow pads*
4. *Sweater*
5. *Gloves*
6. *Jock strap and cup (for boys)*
7. *Pants and suspenders*
8. *Shin pads*
9. *Stockings*
10. *Skates*

If you wear these, your body will be protected.

When you pack your hockey bag, pretend you are dressing yourself from head to toe. Put your helmet in first and work down to your skates. This may help you to remember all your equipment. Then you will never have to sit through a game because you don't have all your equipment. This check list will also save your mom or dad lots of money because you will never lose any of your equipment.

How should your equipment fit?

You can play a better game when your equipment is not bothering you. Your pass is better if you have well fitting gloves so that you can grip your stick. You can shoot better if your stick is the right length. A fall will not hurt as much if your shin pads and elbow pads do not slip. A loose helmet can be dangerous if it falls off when you get checked. You play your best when you know that your equipment fits you so well that you don't have to worry about getting hurt because it is loose or improper.

Sometimes mothers and fathers like to buy new equipment that will last for many years. They say "You'll grow into it". But you need properly fitting equipment this year, otherwise you could get hurt.

One way to make sure that your equipment fits is to buy good second hand equipment every year, instead of new equipment every five years. But your second hand equipment should fit very well, especially your skates.



When they are firm and snug around the ankle, instep and toes you can skate better and play a good and safe game.

Before you and your mom and dad buy any equipment, ask someone who plays the game what you should be looking for. Your coach should know. Your league President will know. Ask. This would be a good chance for you to find out who the President is and what jobs this person does. Your President would be happy to help you.

Answers to crossword puzzle.

Across

1. Goaltending
2. Strategy
3. Shot
4. Checking
5. Receiving
6. Skating, of course
7. Passing
8. Puck Control

Down

1. Balance
2. Body Contact
3. Shooting (Slapshot is close)
4. Speed
5. Faking
6. Stick



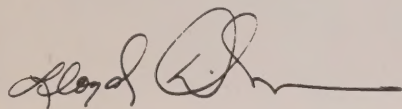
The people on the Ontario Hockey Council are former hockey players and coaches who are trying to make hockey safe and more enjoyable. This is one of the persons on the Council.

I hope this book will help you to understand what hockey people in Ontario are doing to improve the game and make it more fun.

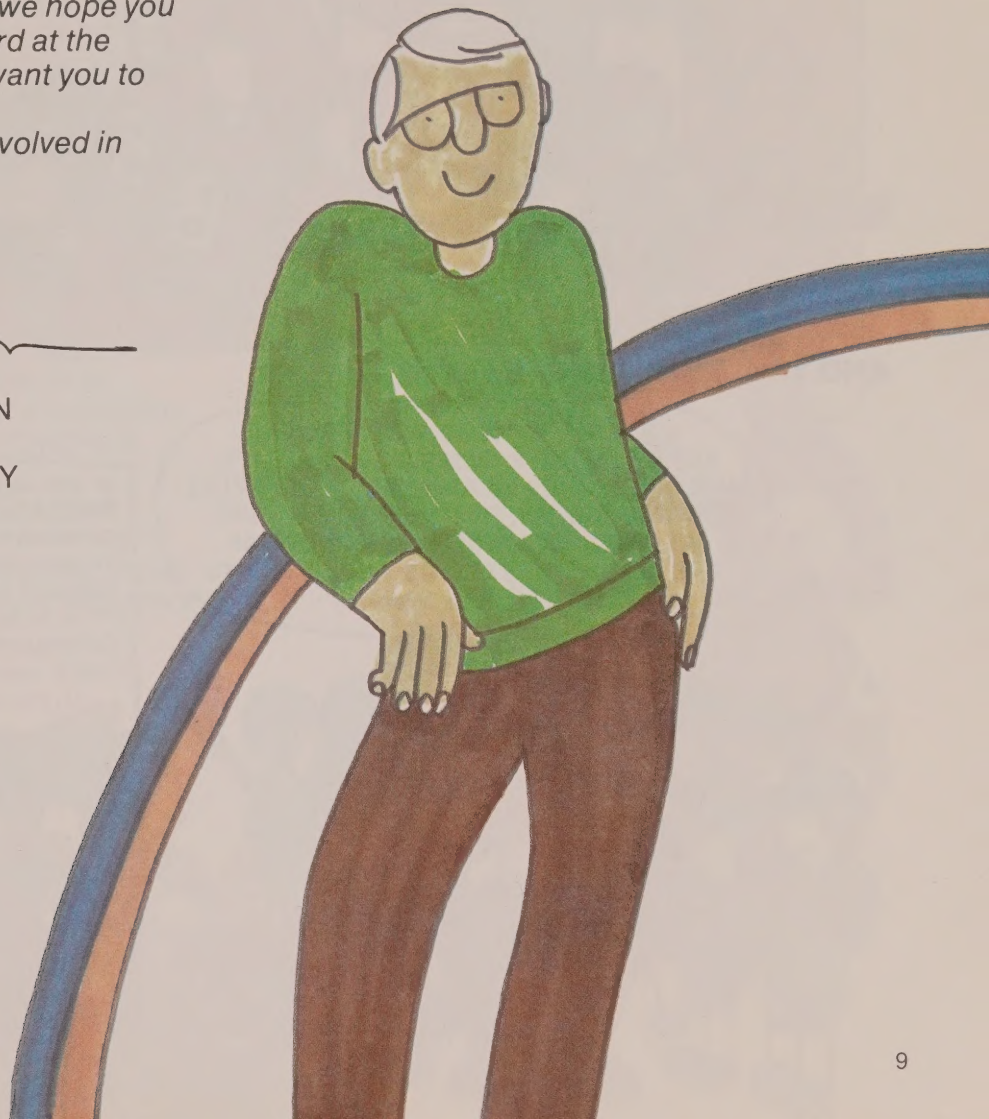
In the true spirit of the game we hope you will test yourself by working hard at the puzzles, as your coach would want you to work at your hockey skills.

Why not get mom and dad involved in solving your puzzles too.

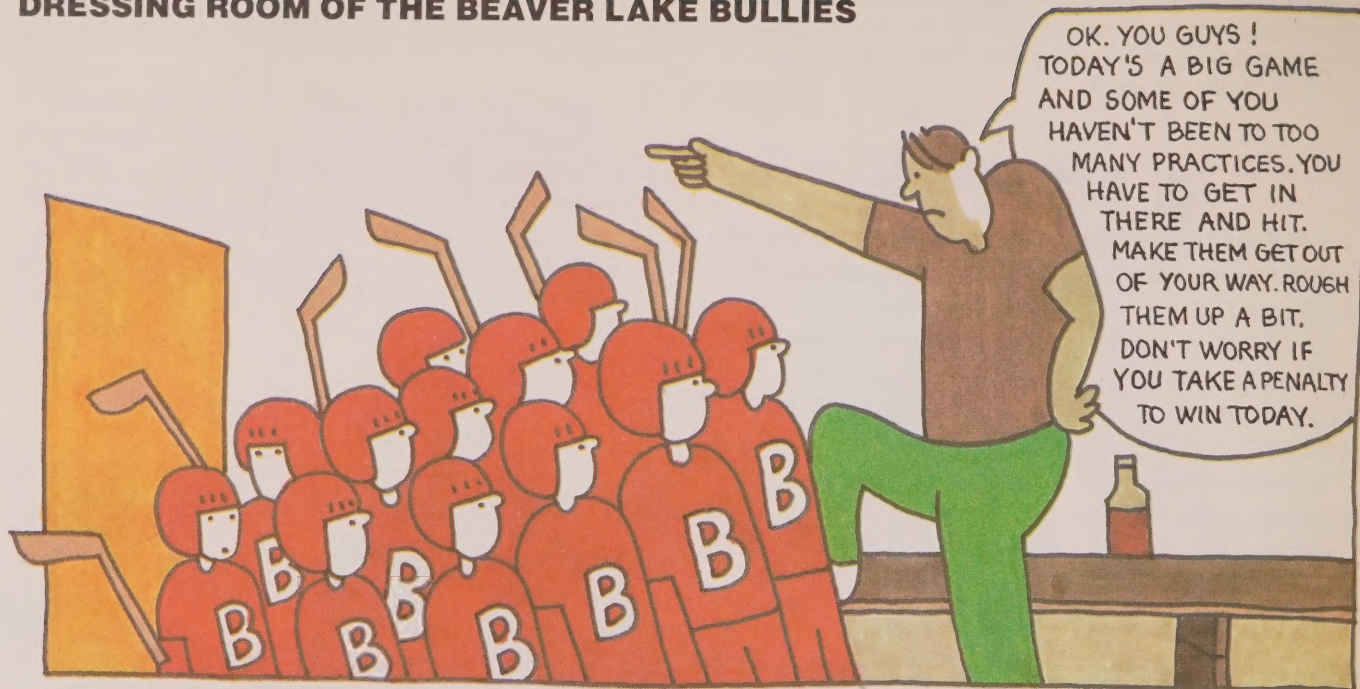
Good luck and good fun.



LLOYD DAVIDSON
CHAIRMAN
ONTARIO HOCKEY
COUNCIL



DRESSING ROOM OF THE BEAVER LAKE BULLIES



AND THE SUNDBURY SAINTS



WHAT IS A COACH?

The coach is a teacher who doesn't give homework, and a doctor who makes your hockey bruises disappear quickly. He must be a policeman to control your anger and a clown to make you laugh. He must be a judge to pick out the errors and a detective to find out how to break your opponents' defense.

Women make good hockey coaches too. The coach must be a queen to give orders to her players and a servant to accept the rules of the referee. She must be a good loser and a humble winner. Why not ask your mother to coach a hockey team?

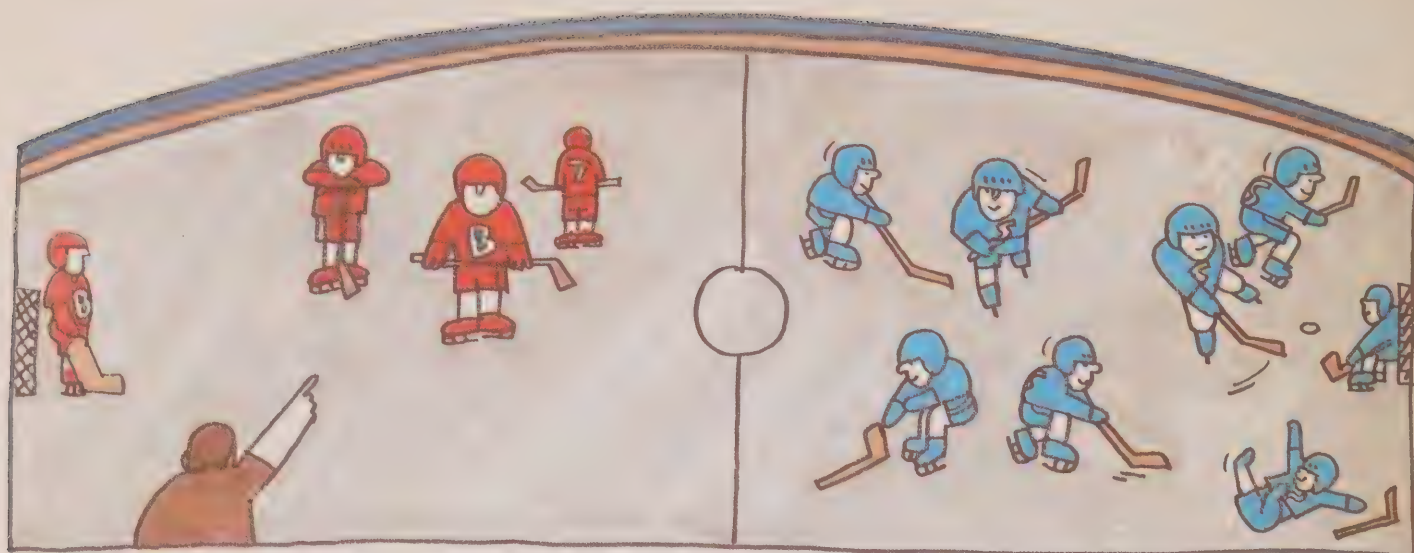
The coach is a friend who is interested in you and the things you do besides hockey, in your hobbies, and in your progress at school. And your coach does more. Just ask him or her. If your coach works hard for you and your team, maybe you should say "Thanks, friend".

Did you know that your coach can learn how to be a better coach? Some coaches go to school on the weekends or give up a vacation in the summer to go to a NATIONAL COACHES CERTIFICATION CLINIC.

This program began so that all Canadian children could be coached by people who are as well trained as possible not in just how to play but how to make sure you get the most enjoyment from the game.



WARM UP



FIRST PERIOD

GEE, I'M SO TIRED I CAN'T KEEP UP. MAYBE I SHOULD ASK THE COACH TO TAKE ME OFF.



WHAT WAS THAT STRATEGY COACH TOLD US ABOUT. OH YEAH! PASS BECAUSE IT IS CLEAR. RACE UP TO THE NET AND WAIT FOR THE RIGHT MOMENT.

THESE GUYS ARE ROUGH PLAYERS. BUT, COACH SAID TO LEAVE THIS CHOCOLATE BAR ALONE.



HOW MUCH DO YOU KNOW ABOUT THE RULES OF THE GAME?

Why do we have rules? Just like a person cannot walk down the street with a dangerous gun, hockey players cannot carry their stick above their shoulders. The gun could go off and cause a serious accident. So, too, a raised hockey stick can cause accidents where players get hurt. Rules give us protection against accidents and protection from players like the Beaver Lake Bullies in the comic strip.

But the rules are there for another reason. Imagine how easy it would be to pass the puck to someone who waits right beside the net and scores a goal if we did not have the "off side" rule. Because we have it, you have to skate faster and use the skills of the game, such as passing and stick handling.

The referee is there to make sure that the rules are fair for both your team and your opponents' team. You should treat him with the same respect as you treat your coach. Referees across Canada have studied the rules of hockey in the National Referee's Training Program. All Canadian boys and girls from Newfoundland to British Columbia play hockey with just about the *same rules* and all referees call the same penalties.

The rules have changed in the past few years. Do you know the new ones on the next page?





DO YOU KNOW WHAT THE REFEREE IS TRYING TO TELL YOU?

Write in your answers and when you've finished the quiz, check the answers on the next page.

Sometimes during a game, a player will get angry and illegally hit an opposing player. If you hit back in an illegal manner you will get a penalty. Instead of retaliating, it is better to tell yourself that it is not worth hitting back. You can do it. Skate away quickly if you have to – you will be respected for it in the long run.

These are the rules that hockey players break very often, but the players should not have to do this to enjoy the game. What are the offenses shown below?



3RD PERIOD



ONE MINUTE LEFT TO PLAY SCORE 0-0



Bullies 0
Saints 1





It is wrong to hit another player with your stick.



You can body check only when a player has the puck.

When you stick check an opponent you must touch the puck before you touch the skates. Otherwise, if the player falls you will get this penalty.

When you check a player with your stick, ask yourself, "Would you want to be checked by an opposing player in the same way?"



Turn the page upside down and see how many you got right.

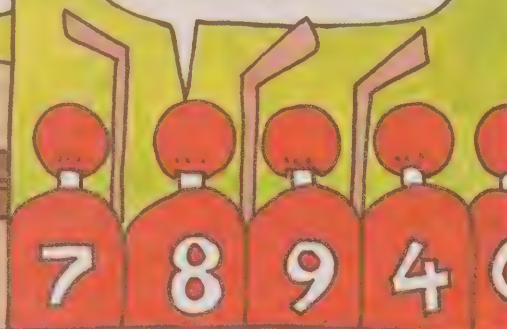
1. Roughing
2. Elbowing
3. Hooking
4. Slashing
5. Interference
6. Tripping

BACK IN THE DRESSING ROOM

HEY, DON'T KICK THE SEAT JUST BECAUSE WE LOST, OUR FEES WILL GO UP NEXT YEAR.



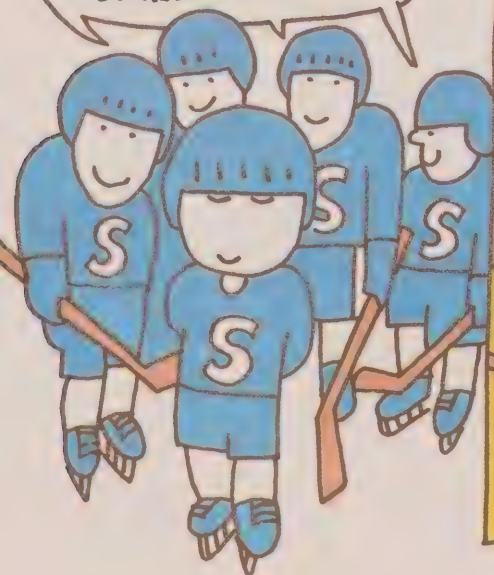
RICH, YOUR STUMBLE IN FRONT OF THEIR NET STOPPED A GOAL. WE KNOW THAT YOU ARE ON THIS TEAM JUST BECAUSE YOUR FATHER IS THE COACH.



WE DIDN'T LOSE BECAUSE OF RICH. WE JUST DIDN'T PLAY AS A TEAM. I GUESS OUR ROUGH PLAY WASN'T THE BEST IDEA. YOU PLAYED A VERY GOOD GAME ESPECIALLY WHEN I COULD SEE YOU GAVE 100%. WE PLAYED AGAINST A BETTER TEAM. MAYBE NEXT YEAR.



MICHAEL YOU ARE A GREAT PLAYER. THE SCORE WAS 0-0 AND WITH ONLY ONE MINUTE LEFT YOU SCORED.



GEE, THANKS FOR THE COMPLIMENT GUYS, BUT I JUST HAPPENED TO BE IN THE RIGHT PLACE TO RECEIVE DUNCAN'S PASS. IT WAS HIS GOOD THINKING TO PASS RIGHT THEN. THAT'S WHY IT WAS SO EASY.



OK. WHO'S GOING TO HAVE THE PARTY TO CELEBRATE

HOT-DOGS AND POP. MY HOUSE AT 2



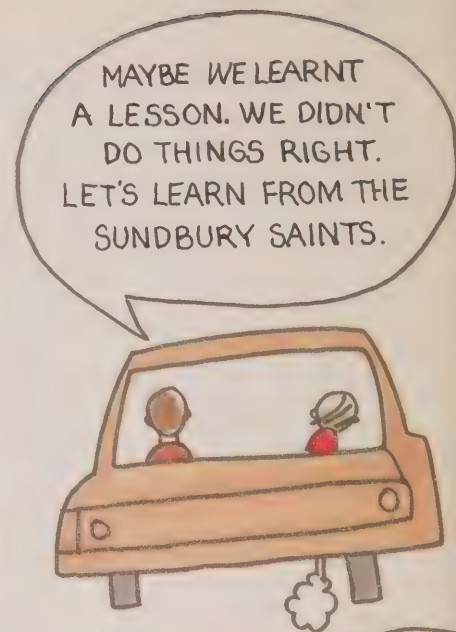
THE HOCKEY PLAYER'S SECOND HOME - THE ARENA

The arena, like any other home, gets dirty and has to be cleaned. The seats in the arena have to be repainted. The windows have to be cleaned. The floor has to be swept. Almost everything that your mom and dad have to do to keep your own home in running order, has to be done in the arena as well.

It costs a lot of money to have a nice house and it costs even more to have a nice arena. But would you write over your walls at home? Would you kick the dining room chairs with your skates? I am sure you would not smash the windows, or toilets, or mirrors in your bathroom. Unfortunately, some hockey players, usually when they have lost a game, feel that they can damage parts of the arena. This is unfair to the rest of the arena users who want a clean arena. It is also unfair to the taxpayers, like your mom and dad, who have to pay for these repairs.

So the next time you have an urge to damage the arena, think of it as a home that belongs to everyone and treat it like you would treat your own house. Also, try to remember how expensive it is to keep the arena respectable. We do not want the arena to close down because we cannot afford to keep it clean and repaired.





YOU ARE NEVER TOO OLD TO PLAY HOCKEY

Almost every young hockey player in Canada has had dreams of becoming a Darryl Sittler or a Serge Savard. Sure that would be great but only a few players have the talent to make the Olympic team or to become a Toronto Maple Leaf. But, there are other things to do like getting an education and playing hockey while you go to school. For instance, you could join a hockey club. Boys can become Junior A hockey players and both boys and girls can play college hockey.

There are lots of things to do in hockey when you get older. When you are 13 years old you can start refereeing atom and pee wee games and by the time you are 18 years old you could referee all



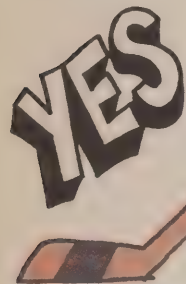
teams. If you become a teacher or a police officer or a president of a company you could get together with all your friends and play hockey on the weekends, or you could enter an old-timer's tournament. You could become a doctor or a logger in Northern Ontario and coach a young boys' or girls' hockey team. Or maybe you will play hockey like some parents do, once a week with the men and women from work.

You see there are many things you can do with hockey when your minor years are over. Hockey is for you today, and can be one of your games for the rest of your life.



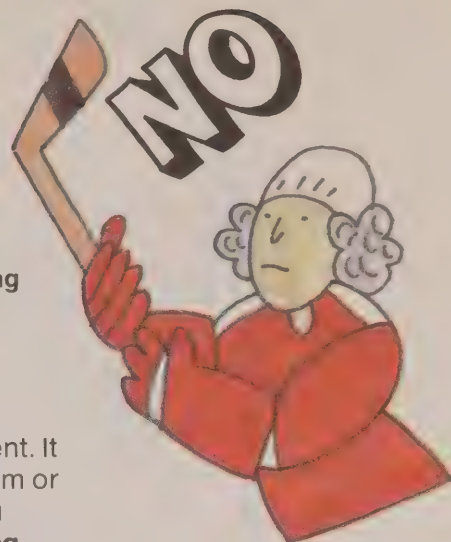
USES OF YOUR STICK & WHAT TO DO WHEN YOU ARE IN A TOUGH SITUATION

passing
receiving
checking the puck
stickhandling



The stick is an important piece of equipment. It can make you a valuable member of your team or it can make you a burden to your team, if you get penalties with it. **Which way are you using your stick?**

hooking
slashing
high sticking
cross checking



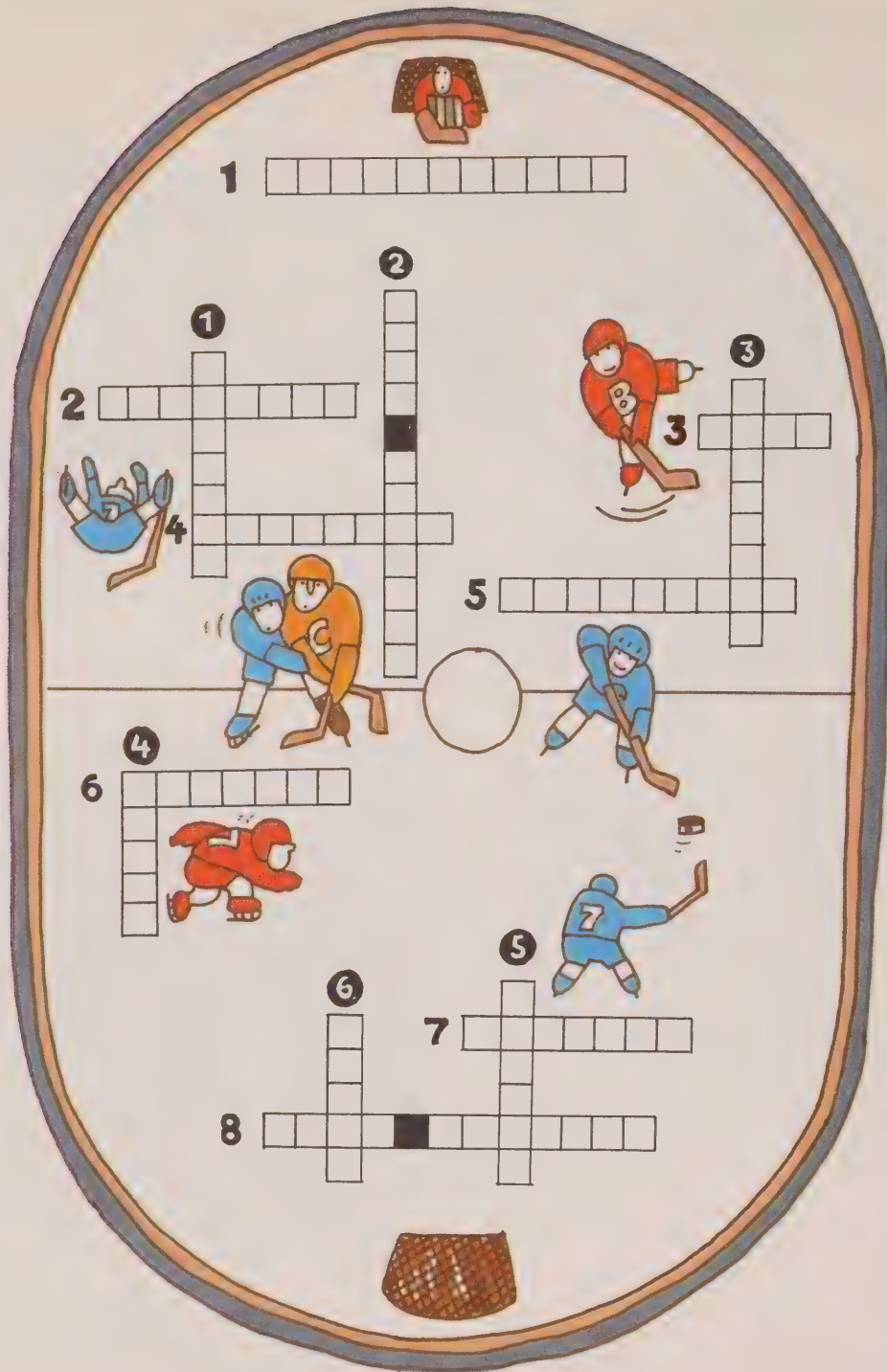
Imagine you are playing this game. The score is tied and it is the last period of the game. Someone has checked you into the boards. You get upset and hit the player with your stick. Some people call that retaliation and say that there is no room in hockey for retaliation. The referee thinks so and gives you a penalty for slashing. You argue with the referee and ask why a boarding penalty was not called on your opponent. You are angry and don't ask your question in a very friendly way. As a matter of fact, you shout at the referee.

You would get a misconduct. If you get more than one misconduct, you would not be allowed to

play any games until your penalty is discussed with the President of your League. While you are in the penalty box for 10 minutes your team will play with one player less for 2 minutes. Your team may lose, all because you got upset and took a bad penalty and besides you won't have a chance to play.

You certainly would not want your team to have to play with only five players. Think about your opponents. The check that was given to you was a part of the game. Your poor opponent got hit just because you were excited and did not think. Next time you come that close to your opponent, remember, if the other team was not there, you would not be able to play the game at all. Forget about retaliating and try to put your stick to better uses like receiving a pass and scoring.

The lower the stick is carried, the better the hockey player.



THE SKILLS TO GOOD HOCKEY PLAYING

This is a game called a crossword puzzle. Read the clues and figure out the answers. All the words that you have to find are hockey skills that a good player uses while playing

ACROSS

1. We need someone in the net to make it hard for us to score a goal. So every team has at least one boy or girl who is good at , to stop the shots on goal.
2. A team uses this skill when its players think of the plays that the coach had them practise. Every team has a game plan called s.....y. It is hard to spell, so the first and last letters are given to you.
3. If you can fake well you can fool an opponent by faking a cut, pass or with the puck, and then skate around the player.
4. Hockey brutes use this skill for the wrong reasons. The right way is when defensemen bump into their opponent to stop them from moving forward. Coaches talk about this skill when they say "Take him out". Body is for older hockey players because you have to be strong and brave to do it.
5. You use this when you set a target for your teammate to direct the puck to. To make good passes a team has to work on proper ways of the pass.
6. This is the most important skill in hockey. With it everything else that you do becomes better, faster and more controlled.
7. This is how you get the puck down the ice fast, with the help of your teammates.
8. Guy LaFleur does this very well. He can carry the puck without looking down at it. He watches his teammates, his opponents and the opponents' net, and always keeps the puck where he wants it. You must develop this skill to become a good stick handler.

the game. You can get help from your parents, your coach or your friends. When you guess the word, write it in the crossword puzzle boxes.

DOWN

1. This skill will help you cushion a good check so that you will not fall backwards. If you have good you will not fall on your side or back when you skate backwards.
2. Some professional hockey players think that this skill means that they can board or charge. They are wrong. Hockey is one of the few sports where players are allowed to touch each other. This is used when a player checks another player.
3. This skill will make you a better scorer. During warm-ups it gives your goalie practise on how to stop the puck.
4. This skill helps you dodge an opponent or skate past a defenseman. But sometimes you go so fast it gets scary. This skill comes from practising a lot of skating (especially on sharp skates).
5. This skill is used by wingers to trick the goalie. You can do this well if you have good stick handling.
6. The grip on your stick changes when you do different things. This skill helps you make good passes and shots and is called handling.

Answers to the Crossword Puzzle are on Page 8.



3

What can I learn from hockey?

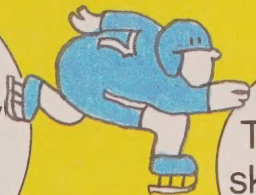
How to become a better person



How to hit back



To learn to skate better



How to show off and tell my friends how good I am

For fun



For the coach so that he can get another trophy



For myself because I like it



1


Who do you play for?

There is only one way to get to the Hockey Club. Don't get caught, don't go down a dead end street.







**Welcome to
the Hockey Club**



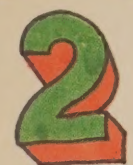
How to work
together
as a team




I can't play
anything else




So I can get a
dollar each
time I score



Why do
you play
hockey?



and
the
team



For
my parents,
so they can
brag about
me

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Ontario
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